

— MY FAVORITE FLAVOR IS —
SWEET



Satisfy your sweet tooth without all that added sugar.



STRAWBERRY YOGURT POPS

Mix **1 cup** low-fat strawberry yogurt with **6** chopped strawberries. Use an ice tray or paper cups as a mold, and pour in yogurt mixture. Cover tray or cups with plastic wrap or tin foil, and add craft sticks. Freeze about **4 hours or until firm**.



SWEET POTATO FRIES

Preheat your oven to **425°F**. Slice a large sweet potato into roughly **½ inch** thick fries. Coat fries in a mixture of **¼ cup** egg whites and **1 teaspoon** nutmeg. Space them out on a baking sheet, and bake for about **25 minutes**, or until they turn crispy and brown. Serve hot with a dip like hummus.



APPLESAUCE WITH CINNAMON

Unsweetened applesauce is a yummy sweet treat by itself. It can also be used as a topping for pancakes. Sprinkle with a little cinnamon for extra flavor!